

CAMPBELL COUNTY SENIOR CENTER &WELLNESS CENTER

Senior Center  
(859) 572-4300

3504 Alexandria Pike  
Highland Heights, KY 41076

Wellness Center  
(859) 547-3665

August 2009

Mon	Tue	Wed	Thu	Fri
<u>Every Monday</u> 9:30 Fitness Friends Exercise Class 9:30 Pinochle 1:00 Bingo	<u>Every Tuesday</u> 9:30 Line Dance 9:30 Poker 12:00 Bridge 12:00 Yoga 12:30 Euchre 1:00 Wii Bowl- ing	<u>Every Wednesday</u> 9:00 Poker 9:30 Fitness Friends Exercise Class 10:30 Health Rhythms 11:00 Wii Bowling 12:30 Pinochle 12:30 Knit/Crochet	<u>Every Thursday</u> 9:30 S. Rummy 9:30 Line Dance 12:00 Bridge 12:30 Pinochle 12:30 Nickels 1:00 Bingo	<u>Every Friday</u> 9:30 Fitness Friends Exercise Class 10:00 Pocket Pool 10:30 Young at Heart Band 11:00 Wii Bowling 12:00 Bridge 1:00 Bingo
3  12:00 BP & Meds Check	4  9:30 Painting Class	5 10:30 Health Rhythms 2:00 Chair Volleyball	6  CAMPBELL CO. SENIOR PICNIC—WED. SEPT. 16TH. TICKETS NOW ON SALE FOR \$8.00.	
10 Inter-Center Wii Bowling League Begins 	11	12 10:30 Health Rhythms 12:00 Pizza & Movie 2:00 Chair V-Ball	13	14
17  12:00 BP & Meds Check	18 9:30 Painting Class 2:00 Senior Adv	19 10:30 Health Rhythms 2:00 Chair Volleyball	20 11:00 Wii Fit Party 12:00 Ice Cream Social 	21
24	25	26 10:30 Health Rhythms 12:00 Bluegrass Seniors Mtg. 1:00 Cornhole Game	27	28
31  10:00 Wii Bowling Tournament				“Tis in ourselves that are thus or thus. Our bodies are our gar- dens to the which our wills are gardeners.” William Shakespeare

SENIOR CENTER:

Aug 12-Wed. 12:00pm-Pizza & Movie. “Bedtime Stories” is our comedy feature presentation. Adam Sandler stars in this fun Disney Movie and that is sure to make you laugh. Donation: \$1.00 Sign Up Today!!

Aug 20-Thur. 12:00pm. Ice Cream Social. A delicious Sundae sound wonderful in a hot August day. A variety of toppings will be available. Sign Up Today!!

NOTE: Diabetes Meetings begin again in September!!

ALSO: The Community Garden Mosaic Project is accepting names only at this time. The class will begin soon. Sign Up Today.

WELLNESS CENTER:

Aug 10– Mon. Inter-Center Wii Bowling League. It is not too late to sign up for the Wii Bowling Team! Bowling times are 9:30am, 10:30am, 11:30am, and 12:30pm. Check the front counter for more information.

Aug 31– Mon. 10:00am Wii Bowling Tournament. Cheer on the Campbell County Wii Bowlers as they compete against Boone Co, Independence, and Atria Highland Crossing for the Gold Bowling Pin trophy!

Tai Ch for Arthritis and Fall Prevention is coming in September!! Be sure to check the front counter for class information.

Therapeutic Massages are available at the center with Licensed Massage Therapist Gale Singleton. For more information stop by the center or call Gale at 991-5014 to set up an appointment.